



— October is Awareness Month —

PICK A FIGHT

Real Stories. Shared Strength. Resources for Hope.



Anti-Bullying • Mental Health • Breast Cancer
Domestic Violence • Pregnancy & Infant Loss

Listen. Learn. Stand Together.

PICK A FIGHT: *Different Journeys. One Savior. Wear the Color. Hear the Story. Walk Alongside Someone.*

Behind every awareness color is a person. Behind every testimony is a person's journey. This October, we bring awareness by picking one or more areas to fight to eradicate. **Bullying, breast cancer, mental health, domestic violence, and pregnancy and infant loss.** As we choose a color to wear on Sunday, we also choose to listen, learn, pray, help, and fight. Although our journeys may differ, Jesus is always the answer and the hero of the story, and He tells us in I Corinthians 15:58 to be steadfast and unmovable.

When You Are Going Through Trouble: Having faith does not mean we never hurt, grieve, feel afraid, or need help. Fight means we fight to trust Jesus. God's Word invites us to trust Him (**Proverbs 3:5 -6**), find refuge in His presence (**Psalms 46:1**), and keep our minds anchored in Him (**Isaiah 26:3**). Jesus offers His peace (**John 14:27**), and we can bring our concerns to God in prayer, trusting Him to guard our hearts and minds (**Philippians 4:6 -7**).

Your pain matters. Your story matters. You matter. You do not have to hide your struggle to prove your faith. Counseling, medical care, grief support, and practical assistance are a part of the fight. We can speak honestly about our pain while testifying to His faithfulness.

When Someone Else Is Going Through Trouble: **Galatians 6:2** calls us to bear one another's burdens. **Romans 12:15** teaches us to rejoice with those who rejoice and weep with those who weep. You do not need a perfect answer. Start with: **"I'm here. What would be helpful to you right now?"** That's picking a fight.

- **Fight To Listen without judgment.** Avoid comparisons, blame, or rushing someone through their pain.
- **Fight To Respect their story and choices.** Ask permission before sharing personal information or prayer requests. Support safety and connection with trained advocates when abuse is involved.
- **Fight To Pray and offer practical help.** A meal, transportation, childcare, or a caring call can ease a burden. Help connect people with appropriate resources.
- **Fight To Keep showing up.** Care is still needed after the diagnosis, the funeral, or Awareness Month.

Our Faith. Our Mission. Our Response. Our vision, **"A Vibrant Community Living by Faith,"** calls us to trust God and respond with compassion. Our mission, **"Empowering People to Transform Themselves and the Community,"** comes to life as we share understanding, provide tools, and help people find support.

Our 2026 theme, **"Rooted. Ready. Resilient."**, guides our response. We are **Rooted** in Jesus and His Word, **Ready** to recognize needs and serve, and **Resilient** through His sustaining grace. **Jeremiah 17:7-8** reminds us that a tree rooted by water can remain nourished even when heat and drought come. Trouble comes, but God sustains us. Resilience leaves room for tears, rest, treatment, and help. That means we win the fight. **Our stories are different, but our Savior is the same. Pick your fight. Wear your color. Let your love become action. Fight to win.**

Anti-Bullying Awareness



Bro. Kohan L. Shelton

Kohan's Anti-Bullying Awareness Testimony

Showing the Love of Jesus

My name is Kohan, and I'm in sixth grade. I want to share how I showed kindness to someone at my school. There was a kid who had a hard time with his attitude and got suspended several times. I started praying for him. Then I used the boldness we learned about at Mt. Zion and invited him to church.

He came and had a good time! He did well, didn't have any problems, and learned a few things. I kept praying for him. Jesus is the hero of my testimony. He helps me be bold, show kindness, and pray for others. For anti-bullying awareness, I want to encourage everyone to show the love of Jesus. We can start by praying for someone, being kind, and helping them feel welcome.

Everyone deserves to feel safe, respected, and included.

NOTICE & RESPOND

Recognize bullying. Speak up safely. Support one another.

SUPPORT

PACER's National Bullying Prevention Center (800) 537-2237

[Scan to see full video](#)



"Choose Kindness. Speak Up. Stand Together."

Mental Health Awareness

ARIANNA'S MENTAL HEALTH JOURNEY



Sis. Arianna Milliner

Jesus Has Been With Me

My name is Arianna, and I want to share how Jesus has been a part of my mental health journey. I began struggling with anxiety in seventh grade. Around that same time, I started attending Mt. Zion. As I listened to my teachers and others around me, they encouraged me to speak Scripture out loud when anxious thoughts came.

I began putting what they taught me into practice. Scriptures like **1 Peter 5:7** reminded me that I could give my worries to God because He cares for me. Speaking God's Word helped interrupt my anxious thoughts and reminded me that Jesus was with me, even at school.

I'm in college now, and anxiety is no longer the struggle it once was. When those thoughts come, I know I can turn to Scripture and remember that I am not alone.

Jesus has made a difference in my life. Through His Word and the people He placed around me, He has helped me find peace and face each day with greater confidence.

You are not alone. Support is available.

CRISIS SUPPORT

Call or text 988; chat at 988lifeline.org

SUPPORT

The NAMI HelpLine offers information, peer support, and resource referrals.

Call 800-950-6264 or
text NAMI to 62640

FIND TREATMENT

FindTreatment.gov

Scan to see full video



"You Matter. Your Mental Health Matters."

Breast Cancer Awareness

SATINA DUNIGAN'S BREAST CANCER TESTIMONY



Sis. Satina Dunigan

A Fight Worth Fighting

My name is Satina Dunigan, and I am a five-year breast cancer survivor. In 2021, I discovered a lump during a self-examination and was diagnosed with breast cancer. I underwent a double mastectomy, four rounds of chemotherapy, and 25 rounds of radiation. It was a painful journey, but Jesus gave me strength to keep fighting.

I experienced fear, uncertainty, and moments of loneliness, even though I had my family and church family beside me. Through it all, my faith never wavered. I trusted Jesus to carry me through each day.

God reminded me of His love through others. My pastor called when I needed encouragement, and Sister Fox from Mt. Zion visited during her lunch hour. They didn't always know how much I needed their support, but God knew.

Jesus sustained me through my fight. Whatever you are facing, keep your faith in Him, accept support from those around you, and remember that you do not have to face it alone.

Knowledge, screening, and support can make a difference.

LEARN MORE

Information on risk, screening, diagnosis, and treatment: cancer.org/breast-cancer

SUPPORT

American Cancer Society Cancer Helpline: 800-227-2345

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"Stand Together in Hope. Support Every Journey."

Domestic Violence Awareness

Aisha Sturkey's Domestic Violence Testimony



Sis. Aisha Mali Sturkey

More Than Surviving

My name is Aisha Sturkey, and I am a survivor of domestic violence. I experienced abuse and stalking, including at church. My daughter also experienced abuse. During that painful season, I went to jail, lost my home and job, and needed shelter. I felt trapped and struggled with thoughts of suicide.

While in jail, I had what I call my "Paul and Silas experience." I cried out to God, and He gave me hope that I would be released and able to share my story.

I sought therapy, continued attending Mt. Zion, listened to God's Word, and kept serving. I also began telling others what I was experiencing. Jesus sustained me through His Word, therapy, and the love and support of my church community.

Today, I am here because of the power of God, and I am more than surviving. If you are experiencing abuse, you do not have to face it alone. Reach out for safety and support. Tell someone you trust, seek professional help, and let the body of Christ walk beside you. God is still sustaining me, and I believe there is hope for you, too.

Everyone deserves safety and a healthy relationship.

YOUR SAFETY. YOUR CHOICE. YOUR FUTURE.

National Domestic Violence Hotline: 800-799-SAFE (7233)

Text START to 88788

Chat and safety planning: thehotline.org

CONFIDENTIAL SUPPORT

Advocates offer confidential support, crisis intervention, safety planning, and referrals.

If you are in immediate danger, call 911.

Scan to see full video



"You Deserve Safety. You Deserve Respect. You Deserve Support."

Pregnancy & Infant Loss Awareness

Leslie McCullough's Pregnancy and Infant Loss Testimony



Sis. Leslie McCullough

Rooted in His Word, Strengthened Through Loss

My name is Leslie McCullough. In 2019, my family and I experienced pregnancy and infant loss. It brought pain, grief, anger, and questions: "God, why did this happen to me?"

Before I even knew I was pregnant, the Lord led me to focus on **Matthew 6:33-34**. I didn't understand why, but I trusted Him, set aside my personal goals, and focused on His Word. My faith grew, and when the unimaginable happened, I realized He had been preparing me.

After three healthy pregnancies, we never expected this loss. The pain was both emotional and physical, but Jesus strengthened our family every step of the way. We were rooted in His Word, ready for the unthinkable, and resilient enough to move forward. In time, we welcomed another child.

To anyone experiencing pregnancy or infant loss, look to Jesus. When you feel hurt, overlooked, or misunderstood, He sees you. His Word brought me comfort, and His presence carried me through. You do not have to face this fight alone.

Every loss matters. Compassionate support is available.

SUPPORT

Share Pregnancy & Infant Loss Support offers grief resources, peer support, and online and in-person support groups for families grieving the loss of a baby. Call 800-821-6819

LEARN MORE

Nationalshare.org

Scan to see full video





PICK A FIGHT. WEAR YOUR COLOR.

Join us on Sunday, October 25, 2026, by wearing the color representing the awareness you want to support. You may choose a cause connected to your own journey, honor someone you love, or stand alongside someone facing a challenge.



Anti Bullying: Blue and Orange

Stand for kindness, dignity, and respect.



Breast Cancer: Pink

Honor those facing breast cancer, celebrate survivors, and remember those we have lost.



Mental Health: Green

Encourage understanding, hope, and access to support.



Domestic Violence: Purple

Stand for safety, dignity, and freedom from abuse.



Pregnancy and Infant Loss: Pink and Blue

Remember precious lives and support families navigating grief.



Mt. Zion Baptist Church

Kalamazoo, Michigan

Rev. Dr. Addis Moore, Senior Pastor